



## MODEL BEHAVIOUR

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estimated



LONDON

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Thursday, September 6, 2012



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# New concerns surface about methadone clinic proposal

**At stake.** Wednesday's meeting to discuss plan draws big, sometimes raucous crowd

One of the key figures behind a proposed methadone clinic in Old South is scheduled to appear next month before an Ontario College of Physicians and Surgeons disciplinary committee on allegations of "professional misconduct" and incompetence.

The accusations against Dr. Michael Varenbut stem from patient dealings between 2002 and 2009, according to the regulatory body. The college last year imposed limitations on Varenbut and his business partner, Dr. Jeffrey Daiter, prohibiting them from performing a procedure that administers anesthesia to detoxify opiate addicts.

Varenbut and Daiter started Ontario Addiction Treatment Centres (OATC) in 1995 and now operate nearly 50 methadone clinics across the country. The company wants to open its newest clinic at 425 Wharmcliffe Rd. S.

News of the allegations against Varenbut sounded

alarm bells for Londoners already worried a clinic would lead to more crime, hurt property values and be too close to daycares.

"It is another level of concern," said one nearby property owner who asked to remain anonymous. "The question is, 'Is this the kind of company that the city needs or wants?'"

About 270 people attended a Wednesday evening community meeting, led by the city, to get more information about OATC's plan. Rhonda Daiter, the company's director of operations, answered questions and was heckled by the crowd as she outlined OATC's history, procedures and the need for methadone treatment.

She declined Metro's request for comment about Varenbut's upcoming disciplinary hearing but confirmed the doctor plays a role in day-to-day operations at clinics. Varenbut and Jeffrey Daiter did not return phone messages left at OATC's head office and Canada Detox Centre, which the doctors also operate.

City council's planning and environment committee is expected to hear a staff report on the request in late September or early October, city planning director John Fleming said.

ANGELA MULLINS/METRO



Derek Csongar, 41, of London, yells from the back of the room as an official from Ontario Addiction Treatment Centres responds to a question during a Wednesday community meeting at Hillside Church (250 Commissioners Rd. E.). The meeting was raucous at times as people opposed to a proposed methadone clinic on Wharmcliffe Road South expressed their concerns. ANGELA MULLINS/METRO

## Party hearty, but know the limits: Police

With students back in full force, officials are warning they won't hesitate to put the city's new public-nuisance bylaw to use

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## Who'll make the final cut?

The tough-guy role — or roles — in the London Knights' roster is still up for grabs as the start of the regular season approaches

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## Feeling solo

They're not with the band: The One-Wo(Man)-Band Festival Tour puts the spotlight on musicians who turn solo performance into a multi-faceted art

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Concert

## Wiz Khalifa coming to town

Grammy-nominated rap star Wiz Khalifa is bringing his 2050 Tour to the John Labatt Centre. The 24-year-old, best known for his hit song Black and Yellow, will perform Oct. 21 with guests Juicy J and Chevy Woods.

Tickets (\$36.25, \$51.25, \$61.25) go on sale Friday at 10 a.m. Tickets will be available at the JLC box office, Masonville Place guest services, Fanshawe College BizBooth, the Bookstore at Western and Books Plus. They can be ordered online at johnlabattcentre.com.

ANDREW SERCOMBE/FOR METRO

Parade

## Wear red for our warriors

The 61st annual Warriors' Day Parade marches Saturday, and this year it's paying tribute to the Canadian air force. The parade will leave the corner of Dundas and Adelaide streets at 11:20 a.m., and proceed east along Dundas to Ontario Street. There, it will turn right and up into the fairgrounds around 11:45 a.m. An official ceremony will then take place at the Western Fair grandstand.

Parade participants include reps from the Canadian army, navy, air force and cadet corps, as well as London police, London firefighters and RCMP. Spectators are asked to show support by wearing red.

ANDREW SERCOMBE/FOR METRO

Charity

## Yard sale for MS

There will be a charity yard sale at 851 Princess Ave. on Saturday, with proceeds going towards the Multiple Sclerosis Society of Canada, as well as directly to a person suffering from MS.

From 8 a.m. to 1 p.m., books, household items, pet supplies, furniture, and other goods will be on sale.

METRO



Chief Brad Duncan talks Wednesday at London police headquarters about Project LEARN, which aims to crack down on offences like drinking and excessive noise in areas frequented by students. This year's enforcement efforts started last week, with extra attention placed on Fleming Drive and educating students about the city's new public-nuisance bylaw, Duncan said. ANGELA MULLINS/METRO

# Students welcomed, given stern warning

**Order.** Police make effort to curtail rowdy behaviour, putting extra emphasis on Fleming Drive

Go ahead and have a good time, but take things too far and pay the price.

That's the message police Chief Brad Duncan is sending now that Western and Fanshawe students are back in the city.

"Nobody's said (students) can't have fun," Duncan said Wednesday. "(But) I think we're a community that's finally say-

Project LEARN

- So far this year, patrols have resulted in 13 criminal charges and 415 provincial offence notices.
- More than half of those charges and notices were given to people who are not students at Western University or Fanshawe College.

ing, "You're not going to have it at the expense of everybody else's enjoyment."

Police started making the

rounds for this year's Project LEARN last week and will continue stepped-up patrols in areas frequented by students through Sept. 29.

Fleming Drive is getting extra attention, Duncan says, because of an alcohol-fuelled St. Patrick's Day riot in the student-housing enclave near Fanshawe College.

The riot, which the chief estimates cost taxpayers about \$500,000, prompted city council to pass a bylaw giving police power to disband nuisance parties.

Duncan stresses that the bylaw will be put to use if officers see a party getting out of control. Everyone has a role to play

— and a stake — in keeping a handle on parties, he says.

The nuisance-party bylaw allows for fines of \$500 to \$10,000 for violators.

"It is up to you to control your party," Duncan said. "You must control who you let into your home and, when the uninvited show up, you must decide when to call the police to assist in clearing your residence, lawns and driveways when those who are not wanted refuse to leave."

"We will use whatever resources and processes are available towards ensuring another incident like the Fleming Drive riot does not occur."

ANGELA MULLINS/METRO



Jim Graham, chairman of Celebrate London, left, and artist Ryan Mahy watch Mayor Joe Fontana put the finishing touches on a new mural in Queen's Park inside the Western Fair District, Wednesday. JOHN MATISZ/METRO

## Fair. New mural intended to inspire

Thanks to collaboration between community groups, visitors to this year's Western Fair will have a brand-new view to take in.

On Wednesday, at the band shell in Queen's Park in London's Western Fair District, a freshly finished mural was unveiled to media.

Its perspective captures the bulk of the Forest City's downtown core, including Labatt Memorial Park, One London Place and the to-be-completed Renaissance II condos.

"People will be able to place themselves within it," said Ryan Mahy, creator of the 2.4-by 3.9-metre graffiti piece.

Mahy says the great thing about this type of art is that it's easy to relate to — everyone knows the landmarks well.

Above the wide-ranging rectangular scene are the words "Celebrate London." It was included out of respect for one of the project's main supporters.

"This was a project that we thought (was great) because you can simply take a white

space and give back," said Jim Graham, chairman of grassroots organization Celebrate London. "We hope this will inspire people."

Mahy, who is also the art director of Artfusion, dedicated 90 hours of his time to the mural. Along with Mahy, Celebrate London, the City of London, the Old East Village Business Improvement Area and the Western Fair District also chipped in to fund and promote the initiative.

JOHN MATISZ/METRO

1 NEWS

Mobile news



Thought public proposals couldn't get any (insert adjective here)? Scan the code to watch a groom with a bleeding heart fake one in the name of love.

# 'Tough' decisions ahead for Knights before regular-season battle begins

**End of pre-season action.** Knights will wrap up exhibition schedule this weekend against the Whalers



**JOHN MATISZ**

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The role of hockey's modern day tough guy is undoubtedly subjective.

What are his real responsibilities on the ice? How much offensive or defensive skill is needed to justify making a spot for him on the roster?

The objectivity comes into the picture when you realize there's a necessity for at least one mean man per squad, including the London Knights.

Forwards Adam Restoule, Remi Elie, and Jack Nevins, as well as defenceman Paxton Leroux, have survived London's first series of cuts.

"Obviously, no one's spot is ever safe," Restoule, a 19-year-



London Knights centre Alex Broadhurst watches Team White teammate Paxton Leroux duke it out with Remi Elie during a training-camp scrimmage last week at the John Labatt Centre. JOHN MATISZ/METRO

old built-like-a-truck winger brought in by the Knights via trade in the off-season, said Wednesday.

He's right: Additional cuts are imminent. And, with highly skilled youngsters rock-

eting down the pipeline, it doesn't look like there's room for each and every banger.

Asked when the public can expect a finalized roster, assistant general manager Rob Simpson said there is no

specific timeline in place and "it'll depend on how guys play this weekend."

Elie and Leroux, in particular, have given the Knights brass a lot to think about. Both dropped the mitts on multiple

occasions during last week's scrimmages, with the former receiving honourable mention from head coach Dale Hunter in media interviews.

"Anything to get noticed, right?" said Leroux, also a

junior A lacrosse player. "My game is being the protector out there, providing a spark, and doing whatever the coaching staff needs."

Restoule, Leroux's dancing partner for a pair of camp fights, trusts in a similar philosophy.

"The main thing I want to do out there is create space for my teammates," he said.

All of the aforementioned tough guys are clearly willing to stick their neck out for the Seth Griffiths peppered throughout London's stacked lineup. Moving forward, it's a matter of deciding whom best fits into the team's mould.

Nevins and Elie offer rounded styles of play, but the intimidating forces of Leroux (six-foot-four, 185 pounds) and Restoule (six-foot-three, 220 pounds) are hard to ignore, especially with last year's resident bruiser, Kyle Flemington, gone.

"I'm putting all of my energy into sticking here," said Leroux, a Peterborough native, when asked if he has penciled in a Plan B.

## Talk to your family

Organ and tissue donation saves lives.



Adrienne, Graeme and their brother Steven

As a guitarist, my eldest brother Graeme inspired me to learn to play; as a weightlifter, he used to show off by bench-pressing me above his head; and later, when I was bullied in school, he would pick me up in his boat of a car, looking intimidating in black clothes, covered in tattoos.

In his early 30s, he was diagnosed with kidney disease—he never showed it, he never looked or seemed sick... I was shocked when I found out that he would need a transplant.

My hope came in the form of my brother's friend since high school, Todd, who offered his own kidney to save my brother's life...

*Adrienne, a grateful sister*

## Well-knuckled Knights through the years

Here's a look at some of the Knights' most memorable tough guys in their history (with their career totals in London):

**Brandon Prust ('02-'05)**  
537 PIM, 111 PTS, 177 GP

Freshly signed Montreal Canadiens forward has made a decent living from throwing his weight — and fists — around at the NHL level. Back in his junior days, the Londoner recorded a 269 PIM sophomore season. Amazingly, he picked up OHL career-highs in goals (19) and points (52) in 2003-04 as well.

**Danny Bois ('00-'04)**  
911 PIM, 139 PTS, 236 GP

At six foot, 200 pounds, the Thunder Bay native was always a solid package in the green and gold. It helped him become the Knights' all-time PIM leader. Despite being drafted in the third round (97th overall) in the 2001 draft, he has played only one NHL game to date. The 29-year-old is currently playing pro hockey in Austria.

**John Erskine ('97-'00)**  
590 PIM, 72 PTS, 170 GP  
Washington Capitals rear-guard is the definition of a pugilist, having registered 17 times the amount of PIM as

points in over 400 regular season NHL games. As a Knight, the brick wall of a man (six-foot-four, 215 pounds) did more than just sit in the box, though, posting 43 points in 58 games on top of 177 PIM in the 1999-2000 campaign.

**Brad Marsh ('73-'78)**  
659 PIM, 153 PTS, 269 GP

Perhaps the most famous of the group, the former 11th overall pick of the Atlanta Flames suited up for 1,086 regular season NHL games. In a rare five-season stint in London, the burly defender protected his

teammates with the best of them. For those looking for evidence, look no further than the John Labatt Centre rafters, where his No. 22 hangs in retirement.

**Basil McRae ('78-'81)**

461 PIM, 151 PTS, 198 GP  
Beaverton, Ont., native didn't settle into the bruiser role until his final year with the Knights. In 65 games in the 1980-81 season, the six-foot-two, 205-pounder racked up 266 PIM. He doesn't challenge the likes of Bois on London's all-time list, but the former Minnesota North Star's toughness was an unavoidable characteristic.

JOHN MATISZ/METRO  
WITH FILES FROM HOCKEYDB.COM

John Erskine was named the league's outstanding defenceman in his final season in London.

BRUCE BENNETT/GETTY IMAGES



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# Portraits of Gaza seen through a child's eyes

**Perspective.** Children's drawings from region on display at Artfusion

**ANDREW SERCOMBE**  
london@metronews.ca

The children's drawings are of fire, bombs and guns, and they offer a first-hand look at the violence in Palestine.

"These children do not feel safe at home or at school, and many of them and their families experience post-traumatic stress disorder," says Heather Greenwood, a volunteer with Canadians for Justice and Peace in the Middle East.

Greenwood is travelling with an exhibition called *A Child's View from Gaza*. It will be at Artfusion until Sept. 20.

"After hanging it, I couldn't sleep, but I am happy to have it," says Ryan Mahy, Artfusion's art director. "People will look at the situation in a different way.

## A Child's View from Gaza

- The collection is composed of 26 drawings and photos.
- The exhibition is on display at Artfusion (355 Wellington Rd.) until Sept. 20. Admission is free.
- It will be travelling around London until Oct. 12. Visit [cjpmo.org](http://cjpmo.org) for info.

It generates critical thinking."

The exhibition has also been displayed in Vancouver, Montreal and Toronto.

"With each piece in the exhibit, we hope to raise awareness about what is truly going on in Gaza," says Greenwood.

After Artfusion, the exhibition will move to the Covent Garden Market, Western Fair Market and Western University.

"We hope the exhibit will generate compassion from the public," says Greenwood.



Heather Greenwood, a volunteer with Canadians for Justice and Peace in the Middle East, is shown with some works from the exhibit *A Child's View from Gaza*, on display at Artfusion. ANDREW SERCOMBE/FOR METRO

## Testimony

### Unsafe equipment ignored, former Ornge aide claims

Ornge's former managers turned a blind eye to unsafe equipment being used by paramedics at Ontario's troubled air ambulance service, the ex-aide of ousted Ornge CEO Chris Mazza testified Wednesday.

Jay Lebo told an all-party legislative committee that there were "a lot" of workplace injuries and he believed many of them were due to defective equipment. "There really wasn't any appetite among senior management to do something (about) that."

THE CANADIAN PRESS

## World championship

### Big baseball win for Team Canada

Dayton Dawe of London earned the win in a 10-inning game as Team Canada beat the U.S. Wednesday at the under-18 world baseball championship in Seoul. Dawe surrendered one hit in one-and-a-third innings. Canada's record is now 2-1.

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## Lake mystery. Police tight-lipped over torso found in floating suitcase

A rotting torso was found stuffed inside a suitcase floating in Lake Ontario off the shore of a Toronto park Wednesday.

But police wouldn't say if the discovery was connected to the slaying and dismemberment of Toronto woman Guang Hua Liu.

Police said two boaters spotted the suitcase about 2.5 kilometres from shore in Toronto's east-end.

The boaters towed the suitcase to shore and contacted authorities, who searched the waters but found nothing further. The coroner was brought in and conducted an initial investigation.

"The coroner has determined at this time the contents of that suitcase to be that of human remains, to be specific, that of a badly decomposed torso," said To-

### Quoted

**"Until we get the results of (the) post-mortem examination, Toronto police (are) treating this as a suspicious death investigation."**

Det. Les Dunkley

ronto police Det. Les Dunkley. An autopsy was ordered for Thursday.

Parts of 41-year-old Guang Hua Liu's body — but not her torso — were found in mid-August scattered west of Toronto and near her home in the city.

Liu's estranged boyfriend, Chun Qi Jiang, 40, was arrested Aug. 26 and charged with second-degree murder.

THE CANADIAN PRESS

## Conflict case. Toronto's Mayor Ford denies guilt

Toronto Mayor Rob Ford repeatedly denied doing anything wrong as he faced an Ontario judge Wednesday over a conflict of interest allegation that could see him kicked out of office.

Ford is in trouble over donations he solicited using an official city letterhead for his private football foundation.

He admitted he had his staff help him stuff envelopes and address them to 11 potential donors but said he paid for the stamps and envelopes himself.

The city's integrity com-

missioner, Janet Leiper, had found Ford's actions violated the conduct code for councillors. Some of the \$3,150 received was from lobbyists and the commissioner recommended Ford pay back the funds.

He never made the repayments, despite several reminders from the commissioner.

Paul Magder, a Toronto resident, launched the lawsuit last March alleging Ford violated the Municipal Conflict of Interest Act.

THE CANADIAN PRESS

# Was Marois the target in fatal gun attack?

### Charges pending.

Panic ended the election euphoria as Quebec premier-elect was dragged off the stage to safety

Charges are expected soon in a shooting that may have targeted Quebec's premier-in-waiting.

The attack at a Parti Québécois victory celebration Tuesday sent shockwaves across Canada.

Police were questioning the only suspect Wednesday.

He was being evaluated at a Montreal hospital and a police spokesperson said he expects a court arraignment Thursday morning.

Police sources said the suspect is 62-year-old Richard Henry Bain, owner of a fishing retreat north of Montreal.

The gunman was wearing a housecoat and balaclava when he was tackled by police after two people were shot, one of whom died.

Police don't rule out the possibility that Premier-designate Pauline Marois was the shooter's target.

While he was being taken away into a police vehicle, the suspect shouted an expletive and spoke of an awakening of English-speaking Quebecers.

Marois pleaded for calm Wednesday. "Never, never will I accept that Quebec is associated with violence," she said.

THE CANADIAN PRESS



Quebec Premier-designate Pauline Marois reacts Wednesday as she comments on the post-election shooting in Montreal. "Never, never will I accept that Quebec is associated with violence," she declared.

PAUL CHIASSON/THE CANADIAN PRESS

## Charest: 'We are blessed'

Jean Charest is ending a stormy 28-year political career — including the last nine years as Quebec premier.

Charest, a staunch federalist who served as federal Progressive Conservative leader before becoming Quebec Liberal leader in 1998, spent a good part of his announce-

ment in Quebec City Wednesday praising Canada.

"We are all blessed to have been born in this country," said Charest, 54.

But the longtime premier also hailed Quebecers, who elected him premier in 2003, 2007 and 2008.

"We are a people of dreamers but also builders," he said.

Charest's resignation will

take effect in a few days when the Parti Québécois officially takes power.

Charest lost his own seat in the provincial election.

He prided himself during his three mandates as premier as a sound economic manager, particularly during the 2008 economic crisis.

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# User fees mean good business for Ottawa

## Budget watchdog.

Revenues from goods, services that feds offer public raked in \$8B in 2010-11: Report

The federal government has made much about its record in cutting taxes, but a new report shows it is making out like a bandit on user fees.

Parliamentary Budget Officer Kevin Page's report on user fees shows Ottawa raked in just over \$8 billion in the 2010-11 fiscal year.

That represents only a small portion of what it gets from taxes, but it's more than double the \$3.4 billion it got from user fees a decade earlier. In fact, the PBO says user fees have been increasing at around nine per cent annually since 2000.

User fees are defined as revenues derived from the sale of goods and services the government offers the public.

That can include publications, rentals of lands, buildings

**Revenue sources**

The PBO says five departments — Industry Canada, the RCMP, the Canada Revenue Agency, Natural Resources and Public Works — account for 70 per cent of total revenues from user fees.

- But user fees are rising at the provincial and municipal levels as well.
- In 2010, provinces collected about \$31 billion from services to the public, four times what the feds took in, and municipalities earned roughly \$18 billion.

and vehicles, or such things as temporary resident permits and divorce registrations.

The budget watchdog notes that this is not just an Ottawa trend. User fees are rising at the provincial and municipal levels as well, and around the world as governments seek new revenue streams. **THE CANADIAN PRESS**



## Nokia's Lumia to battle iPhone, Android

Steve Ballmer, left, chairman and CEO of Microsoft, and Stephen Elop, CEO of Nokia, introduce Nokia's newest smartphone, the Lumia 920, equipped with Microsoft's Windows Phone 8, Wednesday, in New York. Nokia revealed that its first smartphones will run the next version of Windows, a big step for a company that has bet its future on an alliance with Microsoft. The American market is a trendsetter, but Nokia has been nearly absent from it in the last few years. **MARK LENNIHAN/THE ASSOCIATED PRESS**

### Pew survey

## Mobile app users doubt privacy

More than half of U.S. mobile app users say they have decided not to use an app on their phone because of concerns over privacy, a study released Wednesday found. **THE ASSOCIATED PRESS**

### Market Minute



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## BoC.

# Interest rate stays at one per cent

The Bank of Canada is hinting it will need to keep interest rates at super-low levels for a while longer, saying stronger growth isn't in the cards for the country until next year.

As expected, the bank's policy-setting panel headed by governor Mark Carney kept the trendsetting interest rate at one per cent Wednesday morning, the same level it's held for the past two years.

And while Carney left his tightening bias unchanged — meaning the next move will likely be to raise rates — his suggestion that low interest rates are at least partly responsible for keeping Canada's economic head above water in the face of global turbulence hinted at continuing that policy.

But CIBC chief economist Avery Shenfeld said with the trend of growth at about two per cent, the economy is unlikely to make much progress in closing the output gap — the measure of when the economy is running on all cylinders. **THE CANADIAN PRESS**

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Fairview Park Mall  
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Hillcrest Mall  
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Lime Ridge Mall  
Lynden Park Mall  
Mapleview Shopping Centre  
Markville Shopping Centre  
Masonville Place  
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Pen Centre  
Pickering Town Centre  
Scarborough Town Centre  
Seaway Mall  
Sheppard Centre  
Sherway Gardens  
Square One  
Station Mall  
Stone Road Mall

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The Promenade  
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White Oaks Mall  
Woodbine Centre  
Yorkdale Mall

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# EVERYTHING YOU'VE LEARNED IN SCHOOL ... IN 12 MINUTES



**HE SAYS...**  
John Mazerolle  
metronews.ca

It's a well-accepted fact that we go through 12 years of school to remember about 12 minutes of material.

Humorist Stephen Leacock pointed this out almost a century

ago, and if he were alive he'd be pleased to see that not much has changed. (He'd probably also be pleased that he lived to be 140.)

For example, here's what I learned during 12 years of math:

1) Long division. I do not remember short division, if there is such a thing.  
2) Some people call math maths. This is wrong, even if it's right.

3) Order of operations. This is important, because it allows you to answer skill-testing questions.

4) Though math has been around for thousands of years, educators are always discovering 'new math.' How it improves on old math, I'm not sure.

Our lack of retention is interesting to think about as people head back to university, and it seems particularly relevant to me because I went to comedy school for two years.

"Can they really teach comedy?" is the question I hear most often, which is fair enough. To answer the question, here is what I retained from two years of comedy school.

## • Acting:

- 1) Don't act. Just read the lines.
- 2) No, read the lines better than that.
- 3) You're terrible.
- 4) My acting teacher had real, honest-to-goodness conversations with Michael Cera and Keanu Reeves. They are cool people who don't mind having their names dropped.

## • Stand-up:

- 1) People who think they're bad at stand-up are often good at it. People who think they are great at stand-up are usually terrible.
- 2) The only stand-up comic in the world who enjoys Dane Cook is Dane Cook.
- 3) Running over your allotted time is the comedy equivalent of peeing on the toilet seat.
- 4) When stuck for an idea, think of anything — any thing — other than genitalia. Please. For me.

## • Sketch:

- 1) When performing a stage show, best not to write a sketch that includes two car chases, an explosion, and the stage direction 'A helicopter descends ...'
- 2) Rubber chickens ARE funny. Seriously.
- 3) Reading jokes from a 1940s joke book is a hilarious break between sketches, particularly if the joke contains the word 'haberdashery.'

## • Improv:

- 1) If someone says, "Welcome aboard captain, shuttle ready for launch," the correct response is not, "But this isn't a rocket ship! It's a driving exam!"
- 2) When your substitute improv teacher is the Philadelphia Cream Cheese angel, you have chosen the right school.

And that's what you learn at comedy school.

I have condensed eight months of study into 444 words, so if you could send the \$5,000 tuition to my address in Toronto, that would be great. With that kind of funding, I'll get that helicopter sketch off the ground in no time.



# Taking a bath beak-ause



SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS PHOTOS

## South African wildlife

### 55 penguins covered in oil after spill

An African penguin is washed by staff at the South African Foundation for the Conservation of Coastal Birds, after it was found covered in oil on Robben Island near Cape Town, South Africa, Wednesday.

Around 55 penguins have been found covered in oil from a spill involving the stricken Turkish bulk carrier the Seli One.

The birds are being cleaned and will be returned



A penguin covered in oil sits in the South African Foundation for the Conservation of Coastal Birds.

to the wild after recuperating. THE ASSOCIATED PRESS

## Waddling away

### Oil carrier gets caught in storm

As the Seli One was travelling along the coast of Dolphin Beach on Friday, a storm hit, which led to the oil leak.

So far, 10 cubic metres of oil have been removed, according to a South African news website. It reported the Department of Environmental Affairs is conducting an aerial surveillance to determine how much oil remains offshore.

Operations are expected to cease by Friday. METRO

## Area affected

### 1 km

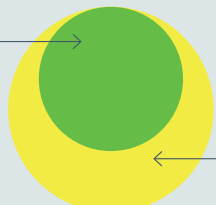
The oil has spread over one kilometre along the coastline, and run-off continues to pollute the surrounding area.



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

### Should Apple buy RIM?

33%  
NO



67%  
YES

## Twitter

@orangeheromama: ● ● ● ● ●

Ok I give up..3x I've sent the pic.. something is down, and hopefully all three don't come thru later! #annoyed

@MarkHominick: ● ● ● ● ●

Finished morning training, now off to lunch with my Grama

@juliaclobbarts: ● ● ● ● ●

soooo... sleeeeeeypsdfoadfoadfo aojjsdia(drool).

@naomisayers00: ● ● ● ● ●

Start classes tomorrow. I don't know what class, what room, or what time. Don't ask me how I maintain my average lol

@sandrachenier: ● ● ● ● ●

Beach with my babes.

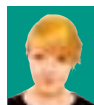
@AndrewLawton: ● ● ● ● ●

One of those days where I wish there were more hours in it. Or I could time travel. Yeah, I'll take the time travel.



# Solo artists take the spotlight this weekend in London

**One-Wo(Man)-Band fest.** Ex-The Dears member creates festival for other solo artists



**BACKSTAGE PASS**  
Amanda Grant  
london@metronews.ca

When I heard about Montreal's One-Wo(Man)-Band festival, scenes from Mary Poppins came to mind: Dick Van Dyke marching down a main street with a kick drum on his back and cymbals on his knees.

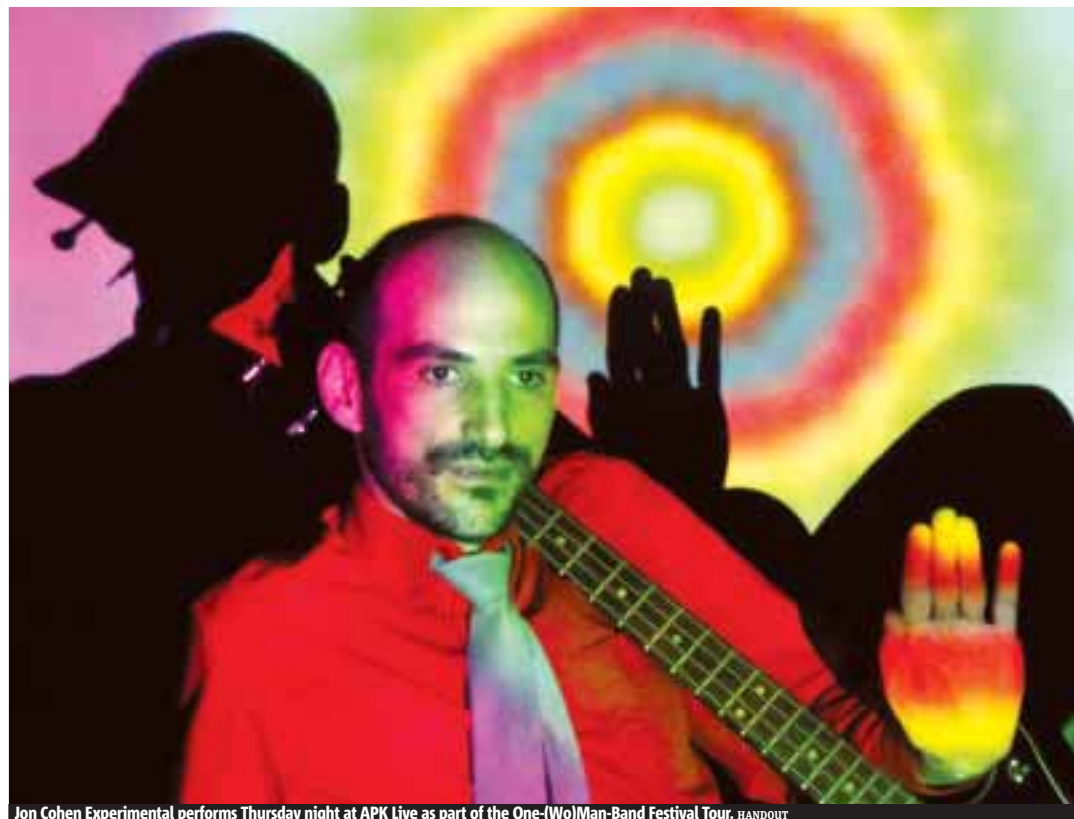
But in reality, many musicians touring today could be considered a one-man show. From DJs to singer-songwriters, more artists are relying on themselves to create performances on par with four-piece bands.

"With a single person on stage, there is an element of vulnerability," said Jon Cohen, founder of the one-wo) man-band festival. "If you're in a band you can hide behind other musicians, but alone all eyes are on you. It is incredible the output only one person can make."

For Cohen, solo performers become one-man-bands when they approach music in a unique way. Whether incorporating technology such as loop stations and drum machines into a set or using traditional techniques like foot percussion, the one-man-band brings creativity and personality to the stage.

"When I started the festival I asked myself: How am I going to differentiate between a singer-songwriter and a one-man band?" Cohen said.

"It comes down to the quality of the music and quality of the artist. For example, Michael Blind is just



Jon Cohen Experimental performs Thursday night at APK Live as part of the One-(Wo)Man-Band Festival Tour. HANDOUT

a guy with a guitar, but the beauty of him is he can make his guitar sound like three instruments."

Thursday night Cohen brings his own approach to solo performance to APK Live as Jon Cohen Experimental.

No stranger to live performance, Cohen was a member of The Dears.

"I played as a band for many years, releasing records and touring across the country," Cohen said. "But it's very difficult logistically and money-wise to tour."

"So I reinvented my sound

and was thrust into this world of touring. I was able to tour across North America, Europe, and Scandinavia because I was more independent."

Cohen will be joined by fellow one-man-bands on Thursday: Jean-Paul De Roover, of Thunder Bay and London's Farmer's Market, a project by Woody Allen's bassist Michael Middleton.

"You're going to be completely surprised by the quality of the music," said Cohen. "Expect to be very engaged."

This show is part of APK

## Around town

- **Music.** Polaris Prize short-listed and Edmonton rapper Cadence Weapon plays the Out Back Shack Friday at Fanshawe College. Joined by Grand Analog, tickets are \$7 at the door, music starts at 9:30 p.m.

- **Art.** If you're on Western's

campus between classes, stop by the McIntosh Gallery to see Liza Eurich's exhibition, The Work of It. The show is a mix of sculpture and drawings by Eurich, a Master of Fine Art student at the university. The gallery is open weekdays from 10 a.m. to 4 p.m. and noon to 4 p.m. on Saturday.

Live's Craft Thursday series. The concert is pay what you can, doors open at 7 p.m. for

music trivia on the patio. First 20 to arrive to receive a Jon Cohen Experimental album.

# 2 SCENE

## On the web



A week before release of anticipated disc, Bob Dylan reopens theatre in NY

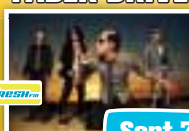
# This is your Fair



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# Career Bear

## Do you know...

What careers offer the greatest flexibility for parents?

When you should be looking for a career change?

What schools offer the training you need?



E.L. James, author of *Fifty Shades of Grey*. CONTRIBUTED

## 'I really liked being a terrible tease'

**Q&A.** Metro chats with E.L. James, the woman who started it all

**WILKE MARTENS**  
Metro World News

Writer Erika Leonard, better known as E.L. James, has become a worldwide phenomenon in only a few months. Since her erotic trilogy — *Fifty Shades of Grey* is the title of the first book — has become a great success, she travels all around the world. We met up with her in the fancy College Hotel in Amsterdam.

**The success must be a big surprise?**

Surprise? It's a shock! I was especially surprised by the speed with which it travels the world. The contract for mass publication was signed with Random House on March 7, and the first book was already in the shops in the first week of April.

**Fifty Shades started out as an online publication. Yet, it has sold 15 million copies worldwide anyhow.**

The numbers are staggering. The rights have been sold to 41 countries, the film rights are sold. And all of that happened in only a short period of time. It keeps surprising me.

**Everybody talks about the women who are enjoying the books. Do you have any male readers?**

More and more men read my books. Sometimes they say

things like: 'Thanks a lot for what your books have done to my wife ... wow!' A while ago, a 71-year-old man wrote me to thank me. My books made him remember what it feels like to fall in love. That was so cute.

**Aren't men embarrassed to admit they've read your books?**

They don't tell me they are. But I am embarrassed when men read it, because I didn't write the books for men.

**Why is it embarrassing?**

Because it's all about fantasies. When you go out with your friends and you discuss things like sex, I feel totally comfortable. But when you're with a group of men ... I don't like to talk about sex when there are men around.

**Did you have fantasies because you were writing this story? Or did you start writing because you already had these fantasies?**

Good question. I think it was a combination of the two. We've all dreamed of a partner who is so terribly rich that he can buy anything you want. But the kinky sex stuff really was a fantasy. Although, after doing some research it might not be just fantasies.

**Is it the kinky sex stuff that made the book so popular?**

Partially, I think. There is so much fiction out there with kinky sex in it. People like the sex, but they especially like the passionate love story. It was the love story that held it together for me.

**Did you put in all the sex in order to avoid the cliché love story?**

Not at all. I started writing with the idea: when you meet someone who is into BDSM (bondage, discipline, sadism and masochism) and you are not up for it, what will happen? I had read some things about BDSM and I thought: 'Ooh, this is hot!' Would I ever do such a thing? My fantasies ran wild.

**All three books are true page-turners. Did you write like that on purpose?**

It's a coincidence. I started by writing a chapter with the most awful cliff-hanger. Online readers had to wait for another week for the next chapter. Many people responded to that. That was fantastic. I really liked being a terrible tease.

**So, what will be next?**

I would like to rewrite the first novel I ever wrote. It still needs a lot of work and I'm looking forward to that. But it's impossible to find the time to write at this moment. Besides, I'm exhausted. I'm looking forward to my holidays.





Hollywood

So in the movie,  
who should  
play...Christian?

Christian Bale



He has proven he can be the ultimate kinky bad boy in American Psycho. And he's already got the name.

Justin Timberlake



He's brought Sexy Back before.

Alexander Skarsgard



With his intense look and towering physique, Skarsgard has a dominating presence. His interactions with

Sookie in the fourth season of True Blood shows us he knows how to be a passionate lover — even though we prefer him mean, harsh and sarcastic.

Daniel Radcliffe



If the versatile actor really wanted to shed the Harry Potter stigma, he should take on this role. He's a bit young

to have created his own empire, but after getting naked for the play Equus, he has what it takes.

...and Anastasia?

Katy Perry



She's got that wide-eyed look that makes her seem innocent, despite the fact she's spraying whipped cream out of her boobs.

Anna Gunn



The Breaking Bad star is way too old for the part, but the "hot mother" vibe will make her relatable to

the housewives that are obsessed with this series.

Ellen Page



If you ever need an awkward female lead, call on Ellen "Juno" Page.

Mila Kunis



Want to draw in male viewers? Boyfriends will be more than willing to watch.

Kristen Stewart



Anastasia Steele is based on Bella from Twilight. And can you imagine anyone who could deliver flat dialogue with no emotion as well as Kristen Stewart?

# Fifty Shades fallout

**Trend.** What are the long-lasting effects of the best-selling series, now that the buzz has died down?

MICHELLE CASTILLO  
Metro World News

With its cheesy bedroom banter, bondage scenarios and detailed explanations of what goes where, Fifty Shades of Grey has gone from a cultural must-read to the played-out book your mother-in-law brought on vacation.

So with the hype fizzing out, what will be the long-lasting impact? For starters, according to experts, expect an era where women can be more open than ever about what they enjoy in the bedroom — often taking charge of the fantasies themselves.

Sarah Forbes, a curator with the Museum of Sex in New York, said that she's observed more women writing erotic fan fiction online (which is how Fifty Shades began, as a Twilight spinoff).

She chalked it up to the fact that women, more than men, need to be stimulated physically and mentally, so for some, writing about sexual daydreams or drawing sensual fan art can be an erotic experience. The success of Fifty Shades legitimized the form.

"For some people, it can just be fun and playful. It can border on their humorous space," Forbes says. "It lets people create a relationship with these icons of our popular culture."

Sex therapist Wendy Maltz points out that society has been "very repressed and uncomfortable" about the topic of sexuality, so fan fiction is a way to lighten the mood. That comfort can open up a discussion about their real-life likes and dislikes.

"There is a lack of healthy direct discussion about sexual issues," Maltz says.

"There is a difference between what the real needs are sexually for men in the general population and the more sensational extreme presentations that come out and are put into the mainstream pop culture and are not representative of real satisfaction to people in the long run."

Quote

**"There is a lack of healthy direct discussion about sexual issues."**

Wendy Maltz, sex therapist and author of The Porn Trap



Magic Mike. CONTRIBUTED

## The magic of Magic Mike and Zumba

Fifty Shades wasn't this year's only sexy hit. Magic Mike, a movie about male strippers, made more than \$100 million at the US box office, and Zumba classes, inspired by a sexy Colombian dance, had grannies shaking their hips suggestively.

Talli Rosenbaum, a certified sex therapist and an associate editor of the Journal of Sexual Medicine, said women are seemingly, suddenly left with once choice: embrace this stuff or be left out.

People have forgotten that there's still a large number of people who enjoy "monogamous, vanilla sex," she says. She works with traditional religious populations, and, "I find a great deal of disparity or contradictions in those populations, as well as people who are very exposed to all kinds of images on the Internet and all kinds of things that are not necessarily normative sexual education," she adds.

"They might think that this is what everybody does."

## You now have "permission"

The experts we spoke to recommended defining yourself against these media, rather than being defined by them.

Dr. Stephen Snyder, a sex specialist and sex therapist, has seen women being more open to exploring their sexual sides, and says Fifty Shades of Grey has given women "permission" to explore explicit sexual fantasies. The book could even improve your relationship, with a catch: "We'd probably need the men to read it too," he says.

"There's much that men can learn from Christian Grey about what women need, such as for a man to take good care of himself and his surroundings, to express his desire for his partner in words."

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# There are No Reservations but be sure to PVR Anthony Bourdain's TV show

**Travel show.** Celebrity chef talks about the evolution of his hit show that has viewers chomping at the bit

AMBER  
M RAY  
Metro World News

Anthony Bourdain is in his last days of vacation. It's not the globetrotting-around-the-world, eating local specialties kind of trip that has gained the no-nonsense chef a cult following on his travel show *No Reservations*.

No, this is a getaway in the Hamptons with his wife and daughter, whom, he says via cell phone, is snuggled up to dad as he answers our questions about his series' ninth and final season.

**You're on the road so much for the show. Is this the first vacation you've been able to take in a while?**

This is the longest vacation I've ever had. It is a normal vacation; the most time I've ever had with my family. My five-year-old girl Ariane is resting her head on my chest at this moment.



Anthony Bourdain's show *No Reservations* returns. HANDOUT

**Then we'll keep this short! Did this final season feel like a victory lap, or more like just the end of a chapter, considering you'll be doing another show on CNN?**

(It felt like) a victory lap in the sense that we're going out on a high note with a strong season, we're still

doing our best work, and the show's still doing well.

There was very much the sense with all of us who make the show that it's a

chapter ending, but we're pretty much 'all right back to work.'

**One of the great things about *No Reservations* was the way that you documented the areas you travelled to with such authenticity — it was you, exploring a region and culture, through food. And you never shied away from talking about things like war or a nation's struggles. Looking back, how were you able to get such a non-touristy show like this made and then stay on the air for so long?**

You know what? I don't really know. It became clear after two years working on a show called *A Cook's Tour* with Food Network that they liked the show, it was doing pretty well, but they wanted a cheaper version and less foreign travel, but yet the show was very popular abroad.

I think it's still running in Asia, Latin America, parts of Europe.

So when we left Food Network, there was a desire to find an American network that would fund the show or finance the show intended largely for what we perceived to be for foreign audiences.

## Book it

The no-nonsense chef is back for more with his show *No Reservations* on Travel.

- Where to find it: A new season of Anthony Bourdain's *No Reservations* premieres on Travel+Escape on Wednesday, Oct. 3 at 9 p.m. ET/ 6 p.m. PT.

And I think early on Travel didn't have a lot going on — I mean, they were known for the World Poker Tour shows and not too much else.

**And yet, after every episode of *No Reservations*, viewers are left either wanting to travel to the location or at least learn more about it — which, it seems, is what a successful travel show should do by definition.** I was never looking to do that.

I'm happy, very happy, very pleased, very satisfied, when I hear after the fact that a show we made about Vietnam or Spain inspired people to go and that they had a good experience and it changed their worldview; that makes me satisfied.

## Biggest Loser adds first young teens to this year's cast



Jillian Michaels returns to the *Biggest Loser*. HANDOUT

**Childhood obesity.** Youths as young as 13 will join teams trying to shed pounds and win the \$250,000 prize money

The *Biggest Loser* will return in January with the weight-loss show's first young teen participants and trainer Jillian Michaels back on duty.

The show's 14th season will take on a new "mission" against the national increase in childhood obesity, NBC

said Tuesday. Youths between the ages of 13 and 17 will join teams trying to shed pounds and get fit.

Unlike adults competing for a \$250,000 prize, the teenagers won't be subject to elimination from the show and will not be weighed for the broadcast, NBC said.

The show's producers discussed adding teens at length and are "incredibly sensitive" to safeguarding them, Michaels said.

## Quote

**"It's brave, it's bold and I'm sure it's going to be controversial."**

Jillian Michaels  
Speaking about the *Biggest Loser*.

"It's brave, it's bold and I'm sure it's going to be controversial, and we'll do the best we can to handle it in the most positive and effective way possible," the usually tough-talking fitness expert

said.

The goal is to focus on the kids' health rather than their weight, Michaels said, adding, "It's about getting them on the softball team, not into a size four."

According to the Centers for Disease Control, childhood obesity has more than tripled in the past three decades, with about 17 per cent of children and adolescents age 2 to 19 considered obese based on height and weight measurements. The season's 18 contestants will be divided into six-member teams.

THE ASSOCIATED PRESS

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# Matt & Kim living straight outta hipsterville

**New album.** Partners in every way, this musical duo produce dance-punk-pop inspired by the hip-hop around them

**MICHELLE CASTILLO**  
Metro World News

Dance-punk duo and independent music darlings Matt & Kim aren't just partners in their music career: They've been dating since even before their band formed in 2005. Since then they've had several milestones, including their song Daylight being used during an episode of HBO's Entour-

age and being asked to be the supporting act for Blink-182 and My Chemical Romance during the 2011 Honda Civic Tour. Now, the two are putting out their fourth album called Lightning (out Oct. 2) and gearing up for a six-week tour through the United States and Canada. We caught up with Matt and asked him to tell us what helped inspire the album, and what it was like to record and live in the center of hipsterville, Williamsburg in Brooklyn.

**What was the big inspiration for this latest album?**

We've always made upbeat music, but I think there's sort of the darker edge that Matt & Kim can have, there's slightly more of it on this album. There's still a share of

upbeat songs — everything feels upbeat — but in some of the lyrics there's a slightly different edge. I don't know if that's inspiration, but as always we make albums from just what comes out of us when we try to make them, and we were certainly surprised at that for this album.

**It's kind of ironic that it's darker when it's called**

**Lightning. Why did you go with that name?**

We go a lot by what feels right, and there's something about the word lightning and the feeling that went with that. Still, it's a very energetic album with some of the fastest songs we've done yet and things like that. It's just something about it. I think this word describes this album.

**I know you recorded in Williamsburg, Brooklyn — which has quickly become the hipster capital of America. How do you feel about this new stereotypical view of Williamsburg?**

I mean, I see why it can be seen like that and whatnot, and it's true. I've gone to few other places that have such a high concentration of people who are into art and music and things like that in one

place. I felt that Williamsburg for a long time has been very inspiring in that sense... being surrounded by other people who are concerned with similar things to myself and whatnot.

Yet, after living there for eight years, we just moved out and moved away. Of course, things as they do in New York evolve and change, and Williamsburg is one of those things.



Matt & Kim's new album *Lightning* is out Oct. 2. GETTY IMAGES

**Does your child struggle with his or her weight?**

**Do you and your child want to talk about ways to address the challenges to living a healthier life?**

If your child is overweight and between the ages of 8-14, you and your child may be eligible to participate in **"C.H.A.M.P. Families"** at Western this October.

**"C.H.A.M.P. Families"** is the first phase of a project that focuses on the development of a parent-focused program for obese children and their families.

We want to talk to you and your child about **YOUR** needs and wants and what **YOU** think is important for the development of a parent-focused childhood obesity program.

For more information contact  
**Dr. Shauna Burke**  
at 519-661-2111 x. 82214  
or sburke9@uwo.ca

## THE METRO NEWS AND JFL42 FESTIVAL CONTEST

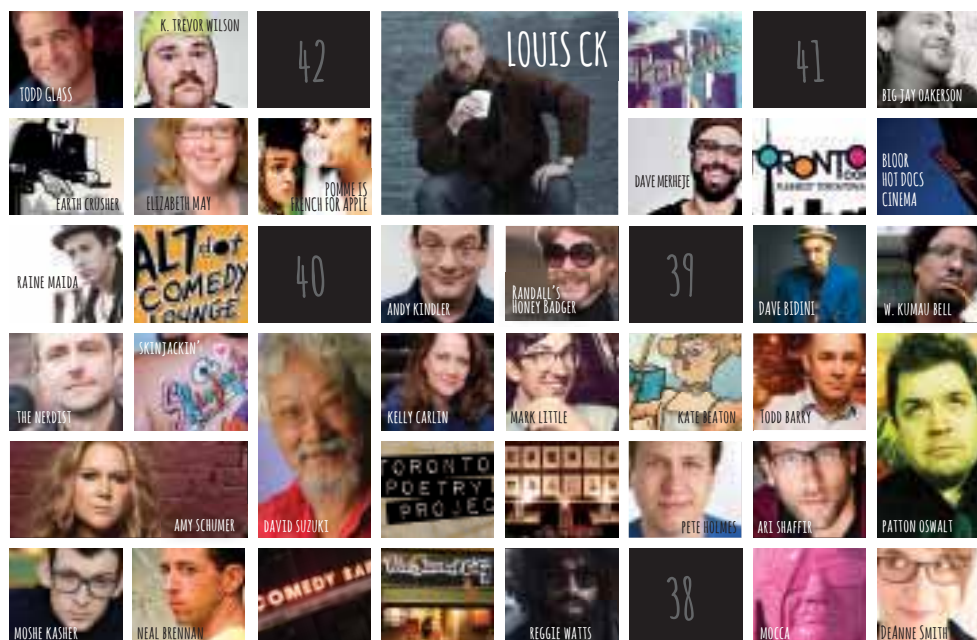


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A JUST FOR LAUGHS AND LIVE NATION PRODUCTION

# Nicki rides with the Republicans?

Nicki Minaj has listeners wondering about her political affiliations after she apparently endorsed Republican presidential candidate Mitt Romney in a verse on a new track by Lil Wayne.

"I'm a Republican voting for Mitt Romney. You lazy bitches is F-ing up the economy," Minaj raps, though the line comes immediately after some boasting about her wealth and lifestyle, so it's unclear if the lyric is an actual declaration or just playing with a theme. In any event, it's a bright spot in Romney's recent dealings with musicians after several artists have attacked his campaign for using their songs.



## No one's judging: American Idol's empty panel

With only Mariah Carey officially signed on to be a judge, the producers of American Idol are in a frenzied search to lock down the rest of the panel, according to TMZ.

On-air auditions begin in New York in two weeks for contestants and so far the show has failed to work out a final deal with potential judges Nicki Minaj and Keith Urban. Longtime judge Randy Jackson is also reportedly out.

An insider tells TMZ that this year, they are looking to break the one male and two female format to add a



Mariah Carey

second dude to the lineup. At this rate, they might have to lower their standards a bit.

Kim Kardashian would probably be interested.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



## Thanks for the honesty about Kim, Kanye!

PAT HEALY  
scene@metronews.ca

We've slagged Kanye West in this column before, and we've certainly slagged Kim Kardashian here too. And when it comes to Kanye and Kim as a couple, well, we've really never said a single positive thing about them. But that is about to change.

See, the biggest gripe we had with Kim was that she was undeservedly famous, since she never exhibited any real talent, at least no talent that anybody could explain in a family-appropriate way.

She co-starred in a sex tape and then all of a sudden, she and her entire

family are all reality superstars. And then the thing that got her famous, she doesn't even do anymore!

So the problem we then had with Kanye was that homeboy could do better than her. But in a new song from his Cruel Summer compilation album, Kanye is brutally honest about his mate.

"My girl a superstar, all from a home movie," he raps on the track Clique, an excerpt of which was made available by TMZ. We'd gladly quote more lyrics, but in trying to find the full song online, so many of the links on YouTube were decoys, where aspiring rappers tag their tracks as "Kanye West — Clique."

Who does that? That's not the way to get famous! Make a sextape, get a reality show, date one of the greatest rappers ever and then have him or her talk about you honestly!



Jessica Simpson. ALL PHOTOS GETTY IMAGES

## 'I let myself indulge in everything I wanted': Jessica Simpson

Jessica Simpson doesn't have any illusions about why she put on weight during her pregnancy, but she's learning a thing or two about how hard it is to get rid of.

"I let myself indulge in everything I wanted because it was the first time I was ever pregnant, and I wanted to enjoy it," Simpson tells USA Today.

"I didn't realize (the

weight) didn't all come off with the baby." Still, Simpson says she's trying — and doesn't appreciate being judged by the standards of other famous women.

"My body is not bouncing back like a supermodel," says Simpson. "I'm just your everyday woman who is trying to feel good and be healthy for her daughter, her fiancé and herself."

## Twitter



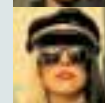
### @JessicaSimpson

24 is my new treadmill show!! How have I not watched this show before now?!? Jack Bauer is my hero!



### @hitREcordJoe

Anyone know any good jokes?



### @ladygaga

MAJORLY trolled by a fan tonight who lured me with a heart sign, i then ran around the entire catwalk w it, + the back actually said "HIGH"



### @AlbertBrooks

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## COCO ROCHA

Coco Rocha — the Canadian supermodel who's worked with Versace, D&G, Lanvin and many more — has more than one million followers on Google Plus, Twitter and Instagram combined. Here, the 23-year-old tells Metro's Romina McGuinness what's behind all that sharing — and who she's excited about during all those fashion weeks.

### What designers are you most excited about this season?

A good friend of mine is Zac Posen so I'm always in love with his work. Then there's Jason Wu, Helmut Lang, McQueen, Balmain, Jean Paul Gaultier and Chanel."

### What do you look for in an item of clothing or an outfit?

The outfit needs to be either really crazy or really couture. Unless I'm shopping for your average tee, I like one of a kind sort of things. I love vintage because each piece of clothing is unique and has its own story. I got the chance to go to Elizabeth Taylor's auction and buy one of her outfits that I wore to the Met Ball. It was the perfect statement dress. I tweeted how there was a wine stain on the dress and asked my followers to spot it. On the red carpet, people were like, show us the wine stain!

### Why do you think fashion matters?

It's funny when people pretend to not care about fashion. I'm not one to say 'fashion is the future!' We're not curing cancer, but I do believe in the industry. People

## SOCIAL MEDIA STAR

might say, 'don't worry about fashion, it's just clothes,' but clothes is exactly how you're portrayed. We're all about image in this world. If you want to be taken in a certain way, it's down to the way you look. As much as people would like to think fashion is nothing, it plays a huge part in how people dictate who you are.

### The fashion industry is competitive, but you've maintained a sense of humour.

Most people think models are competitive, but with the girls of my calibre, the ones I grew up with, we're not like that. We're close friends, it's kind of like fashion high school. I try not to take myself too seriously. I'm not a model who thinks she's saving the world but some girls and boys look up to me so I want to be a good role model. I'd like people to think that I was a quirky little nerd in school and came to grow into myself to become something that — who knew I could?

**People tend to love or hate social media. Why did you**

### decide to make it yours?

At the beginning of my career, there was no social media. I never had the chance to speak on my behalf. You'd see a photo of me, but who was that person? If I did an interview, it was up to the interviewer to decide how I'd sound. With social media, I started a blog. I knew that if this 'blog' thing became something, I could use this platform to stand up for myself. I tried hard with Twitter but at first I was like, this thing will never catch on!

### Yeah, so why do you feel the need to share personal moments with your Instagram followers?

My job is to show photos of myself but that's not always the reality. I go to work and play Coco the model but that's not Coco. I don't have those cheekbones! I really am a plain girl too. It's funny how interested people are in a models' normal life. I think a picture of me watching TV is pretty boring but apparently, it's the most fabulous thing.

### What do you think about the use of Photoshop? Necessary or useless?

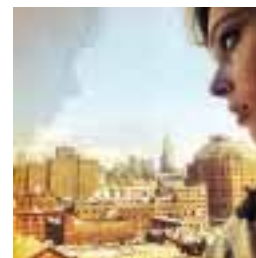
It's fine to remove a blemish or

some fuzzies in your hair. But when you remove my arm or my waist and tell people, 'this is who she is,' you're playing with fire. Guess what? That's not how I look. It's almost telling me, the model, I still wasn't good enough. When Elle Brazil ignored my contract that stipulated no nudity and used Photoshop to remove my body suit, I felt violated. I looked pretty much topless. It's like if I went up to a woman and took her top off in front of the whole world.

### You've been called the "Queen of Posing." What's in a pose other than face angles and hip jutting?

It's about confidence. Most models are the quirky, dorky girl from school put in a situation where she's supposedly beautiful and unique and with all these people counting on her and she's like, 'what am I doing?'

During fashion weeks, Coco will be filming The Face, a new supermodel reality show co-starring Naomi Campbell and Nigel Barker. Follow her: @cocorocha and at cocorocha.com.



### Top 5



Coco's top five tips for becoming a social media superstar.

- 1** Make friends. Follow certain people related to your industry and communicate with them. In return, when they communicate with you, you'll build up your audience because their followers will be like, who is she talking to and why?
- 2** Give original information. I try not to re-blog or re-post other people's comments unless it was so amazing and hilarious. I give information that is mine so that it goes out to the public and then back to me.
- 3** Be responsible. Your workmates are going to see this, not just your friends. In the end, your bosses can see it.
- 4** Be visual. Make your site look beautiful. Don't just put up a photo of you hanging out in the bathroom.
- 5** Express yourself. On Instagram, a lot of people just take a photo and put it up. I take about 15 of the same thing until I've got the perfect photo, then play with it and see how it looks and only then do I publish it.

# 3 LIFE

### On the Web



New event home among fresh changes afoot for Montreal Fashion Week

# The slipcover solution: Your perfect seasonal makeover

**DIY ideas.** They spruce up furniture and create a new look in a room. And the best part — slipcovers can be done on a budget

## To Slipcover or not

Before ordering your slipcovers, you need to ensure that reupholstering is the right tool for the job at hand.

- Consider how much you like the lines of the piece of furniture. If the silhouette is too modern or old-fashioned a slipcover won't fix that, but if you love the basic shape then it can be a great cost-conscious way to update it.

- Think about the use of the piece. If you have small kids or pets, the removable and washable nature of a slipcover is a wise choice.

- If there are lumps in your sofa or the chair is uncomfortable then the only way to fix it is by re-working from the inside out.

## Settled on Slipcovers?



Slipcovers will last a few years. Then you can choose a new fabric for a whole new look again. ISTOCK IMAGES

If you've determined that a slipcover is the right choice for you, there's another question to consider — standard or custom?

- Custom-made slipcovers will give you a crisper profile

with individual tailoring, but you need to consider the overall style of the room.

If it's cottage comfort or shabby chic then a slipcover that appears a bit baggy will suit the space.

However, a strongly traditional or modern space requires a tailored fit.

- Also think about the shape of your piece. If you have an unusually shaped piece of furniture it will be hard to find

a pre-made slipcover that will suit it.

- Fabric will also help determine the right choice. Slipcovers come in all sorts of colours and patterns, but if you have your heart set on a par-

ticular shade or motif then you may need to custom create it.

- Lastly, determine a budget.

Custom slipcovers are significantly more expensive than pre-made versions.

## Keep It In Shape

After choosing the right slipcover for your space, there are a few key maintenance tips to remember.

- Over time the slipcovers will slide, so you need to tug them into place or tuck loose fabric between cushions.

- Remove and clean them every few months, and remove to spot treat any small stains.

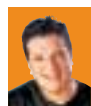
Slipcovers will last a few years before they need replacing — then you can choose a new fabric for a whole new look in your home!

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# Enter your home in style

**Design Centre.** A reader gets advice on how to organize and jazz up her front entrance

**I have a small front entrance to my new townhouse and I'd like some ideas to make it look more attractive yet have it be functional too.**



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca

It's that time of the year where back to school and work means backpacks, briefcases, shoes, coats and purses get dropped by the front door when we get home from a long day.

Your front entrance not only needs to be functional

for your daily routine, but attractive for guests who enter your home.

From organizing to decorating, here's a few ideas to create a well organized and attractive entrance.

## Be decorative

- Paint the inside of the front door a jazzy colour in gloss paint. Hang a large mirror to make a tight space feel visually larger. Lay a decorative yet durable runner for comfort and colour under foot.

## Add slim furniture

- Place a narrow console table near the front door to hold flowers and mail. Add a storage bench to sit on and store shoes. Hang floating shelves to display candles and decorative objects.

## Where to splurge

- A decorative light fixture is always a good invest-

ment and if you move it can always go with you. Make sure it gives off enough light to brighten the entire entrance as chandelier-style fixtures often don't put out the amount of light needed.

- If your house gets light foot traffic at the front door then splurge on an attractive hall runner rug. A durable front door mat can always help trap dirt and offer a place for shoes to rest near the front door.

- A wireless touch-light will help brighten the inside of the closet; I suggest hanging one above coat level and one below coat level to ensure you see everything on the upper shelves and shoes below.

- Quality wooden hangers and storage boxes will help attractively organize your closet into a place you want to hang your coat each night.



**Red Mahogany Wood Hangers, \$9/set of 4**

Oversized wooden hangers are strong for all the coats in the closet. [BedBathAndBeyond.ca](http://BedBathAndBeyond.ca).



**Infinity Console Table, \$298**

A sleek 12-inch console table is the perfect size for a small foyer. [HomeDepot.ca](http://HomeDepot.ca)



**Victorian Hotel Pendant, \$1675**

A splurge of quality lighting will help to create a great impression when coming home. [RestorationHardware.com](http://RestorationHardware.com)



**Gabbah Modern 31"x90", \$363**

All wool Gabbah style hall runner makes a colourful statement when entering the house. [EcarpetGallery.com](http://EcarpetGallery.com)



## A composite image featuring a computer mouse with a large red flame graphic on its side, a mobile phone, and a television remote control, all set against a light blue background.

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# Delicious bites coming to a television near you

**Come Dine With Me Canada.** As the show sets to return for another season, get in the mood with contestant recipes

## Beef Wellington by Sandra Latcham of Toronto

1. In food processor pulse mushrooms to rough paste. Scrape into pan and cook over a high heat, 10 mins., tossing frequently. Spread out on a plate to cool.

2. Heat frying pan and add a little olive oil. Season beef with salt and pepper; sear in hot pan 30 secs. Remove from pan and leave to cool. Once beef is cooled, spread top with Dijon mustard, top off with mushrooms and roll Parma ham over whole piece. Set aside.

3. Roll out puff pastry on floured surface to large rectangle. Cut into 4 equal pieces. Lay beef in the centre. Brush surrounding pastry with egg yolk. Fold ends over, wrap pastry around beef, cutting off any excess. Turn over, so seam is underneath, and place on baking sheet. Brush over pastry with egg and chill 15 mins to let pastry rest.

4. Heat oven to 200 C (400 F).

5. Lightly score pastry at 1 cm intervals and glaze again with beaten egg yolk. Bake 20 mins.,

## Ingredients

### Beef Wellington (individual)

- 400 g portobello mushrooms, roughly chopped
- Sea salt and black pepper
- Olive oil, for cooking
- 750 g prime beef fillet
- 2 tbsp Dijon mustard
- 8 slices of Parma ham
- 500 g ready-made puff pastry
- Flour, to dust
- 2 egg yolks, beaten

### Haricots Verts, Roquefort, Black Walnuts & Prosciutto

- 1 lb French green beans
- 4 oz Roquefort, crumbled
- 1 1/2 cups walnuts, chopped & toasted
- 4 strips prosciutto
- Salt and pepper to taste

### Gratin Dauphinoise

- 5 cloves garlic
- 4 lbs russet potatoes, peeled
- Salt, pepper and nutmeg
- 1 cup heavy cream
- 4 tbsp butter cut into bits
- 2 tbsp mixed chopped fresh chives and parsley

## Beef Wellington & Crispy Prosciutto with Gratin Dauphinoise



This Beef Wellington is sure to impress guests. PROPER TELEVISION

until crispy and remove.

3. Put beans back in skillet, add Roquefort cheese and walnuts and toss till warm and melted. Garnish with Prosciutto.

## Gratin Dauphinoise

1. Heat oven to 375 F. Butter 3 L baking dish. Sprinkle about half of chopped garlic on bottom and sides of dish.

2. Use mandolin to cut potatoes in slices. Arrange layer of potato slices in prepared dish, overlapping. Season with salt,

pepper, nutmeg. Pour spoons of cream over potatoes. Sprinkle with some remaining garlic. Repeat layer until potatoes and garlic used. Pour in remaining creams and dot with butter.

3. Bake until potatoes very tender and have absorbed all cream and are golden brown on top, about 1 to 1.5 hours. To help gratin develop brown crust, raise heat to 400 F for last 15 minutes.

4. Sprinkle each portion with fresh herbs. SANDRA LATCHAM

## Moon Shine. Prince Edward Island's Nancy pays ode to her province

"Moon Shine is an Island tradition and was the choice of drink back in the day," says Come Dine With Me contestant Nancy Stewart of Prince Edward Island.

"I wanted to put PEI in the spotlight — and what better way than to make it 'Shine'."

"I served my guests Moon Shine because I knew after a few drinks it would hit them like White Lightning."

1. Mix up all ingredients and enjoy.

RECIPE COURTESY OF NANCY STEWART

## Ingredients

- Lime Rickey Soda
- Lots of Ice
- 1 or 2 oz of Island 75% proof Moonshine



Add a splash of fun to your party with this colourful drink. PROPER TELEVISION

## On TV

### Show's 3rd season hits the road

Looking for some inspiration for your next dinner party or some advice on what not to do? Season three of W Network's Come Dine With Me Canada has you covered.

Launching with five back-to-back episodes on Sept. 10, this time around the show hits the road to travel to Edmonton and Charlottetown.

Come Dine with Me Canada follows five amateur chefs as they vie for the title of ultimate dinner party host. Each night, five strangers take turns hosting a dinner party. Then participants secretly score their host on a scale of one to 10. The host with the most points at the end of the five nights wins a \$1,000 cash prize. METRO

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NHL

## Senators sign Smith to 4-year extension

The Ottawa Senators locked up centre Zack Smith to a \$7.55-million, four-year extension on Wednesday.

The 24-year-old is coming off a career-best season that saw him score 14 goals and 26 points in 81 games.

THE CANADIAN PRESS



Zack Smith GETTY IMAGES FILE

Mixed martial arts

## St-Pierre, Silva super-fight 'pretty close,' says White

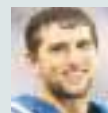
UFC boss Dana White says should Georges St-Pierre defeat Carlos Condit, the Canadian mixed martial arts star will likely take on middle-weight champion Anderson Silva next.

"I think we're pretty close," White, speaking on the UFC on Fuel TV show, said of the proposed super-fight between the two champions.

The 31-year-old St-Pierre (22-2) has not fought this year because of a knee injury but was recently given a clean bill of health and is expected to meet Condit, the interim title-holder, later this year.

THE CANADIAN PRESS

NFL



"You're not trying to get autographs from them, you're trying to win a game."

Rookie QB Andrew Luck on facing pro bowlers Julius Peppers and Brian Urlacher when his Indianapolis Colts take on the Chicago Bears this Sunday.

# Sharapova rallies to secure spot in final four at U.S. Open



Maria Sharapova celebrates her victory over Marion Bartoli in the U.S. Open quarter-finals in New York on Wednesday. DARRON CUMMINGS/THE ASSOCIATED PRESS

**Tennis.** Third-seeded Russian 'really another player' after returning from rain delay

Maria Sharapova came from behind after a rain delay for the second straight match, advancing to the U.S. Open semifinals with a three-set victory over Marion Bartoli on Wednesday.

The four-time Grand Slam champion won 3-6, 6-3, 6-4, a day after the quarter-final started.

Sharapova had trailed 4-0 when rain halted play. After more wet weather delayed the restart, she couldn't erase the deficit in the first set but gritted out the win to improve to 12-0 in three-set matches this year.

"It's a great statistic. It shows that I enjoy the battle no matter what the score is," she said. "The third set, it's the last set out there, and there's no reason why you shouldn't put everything out there."

Once they returned to the court Wednesday, Bartoli said, "it was a totally different match."

"The first time when we start maybe Maria was a bit slower on her footwork," she said. "She wasn't serving that well. Obviously coming out

Quoted

"I've never been so close to beating her. I really felt like I'm on the right path."

Marion Bartoli, who had never won a set against Maria Sharapova in four previous meetings before the 2012 U.S. Open.

again today she was really another player."

But the 11th-seeded Bartoli, in the U.S. Open quarter-finals for the first time, wasn't about to complain about her bad luck.

"I wish I had the power over the sky and say, 'No, please, don't rain,'" she joked.

In the fourth round Sunday, the third-seeded Russian was down a break in the third set to Nadia Petrova before rallying after an hour-long break. She will face top-ranked Victoria Azarenka, who finished her match Tuesday.

Sharapova broke Bartoli's serve at 4-4 in the decisive set to put herself in position to serve out the match. The Frenchwoman saved two break points and earned a game point, but Sharapova pressured her into three straight mistakes to go up 5-4.

Sharapova's 10th ace gave her match point.

THE ASSOCIATED PRESS

Men's action

## Roddick waves goodbye to pro tennis

Chants of "Let's go, Andy!" rang out between points during the last service game of his career, and again before the start of what would wind up as the last return game.

A fan favourite at the U.S. Open, and the 2003 champion, Andy Roddick headed into retirement with a 6-7 (1), 7-6 (4), 6-2, 6-4 loss to Juan Martin del Potro in the fourth round at Flushing Meadows on Wednesday. THE ASSOCIATED PRESS



Andy Roddick GETTY IMAGES

# 'You just don't want to see the fans get hurt'



P.K. Subban's entry-level contract expired at the end of last season. He currently is without a contract with a lockout looming. ABELIMAGES/GETTY IMAGES FILE

After a summer of uncertainty, P.K. Subban is more concerned about the fans than himself.

The 23-year-old defenceman remains without a contract from the Montreal Canadiens and could be one of 750 players locked out by the NHL next week, but his worries run deeper than that when he surveys the league's current labour climate.

"Obviously, it's an unfortunate situation," Subban said Wednesday. "Nobody wants to see (a lockout). I think at this point you're more concerned about the fans and making sure that the fans don't get hurt because ultimately those are the

Deadline

The NHL's collective bargaining talks remain on hold and the current agreement is set to expire on Sept. 15. If that date passes, the league will enact a lockout.

people that support us.

"I think that that's the only downer about it, is just you don't want to see the fans get hurt."

In recent weeks, commissioner Gary Bettman has said he shares the fans' desire of not wanting to see another work

stoppage. He also credited the paying customers for helping the league rebound so strongly from the 2004-05 lockout.

"We recovered well last time because we have the world's greatest fans," Bettman said last month.

Subban admits that it's been a little unusual preparing for a training camp that might not open as expected on Sept. 21. However, he expressed confidence in NHLPA executive director Donald Fehr — "he's one of the smartest people in North America," said Subban — and believes there's a deal to be made.

THE CANADIAN PRESS

Mobile sports



Imagine if an athlete checked into a clinic to get his legs artificially lengthened, then came back to beat Usain Bolt over 200 metres on surgically improved limbs. Is such a day far off? Scan the code for the story.

4 SPORTS

## Paralympics

Former F1 driver  
wins paracycling gold

Alex Zanardi just loves to race. What he really likes to do is win.

The former Formula One

driver took Paralympic gold Wednesday in paracycling — a hand cycle powered by the arms.

The victory capped an incredible journey for the 45-year-old who almost died in a horrific accident at a 2001 CART race in Germany.

"It's an amazing feeling," a clearly exuberant Zanardi said. "I'm really, really happy for the result."

Zanardi, a two-time CART champion, was involved in a crash that severed his right leg at the knee and his left at the thigh. **THE ASSOCIATED PRESS**

# Medal hat trick in London for swimmer Huot

**Paralympics.** Montreal native highlights a big day for Canada

Canada has added to its medal total at the Paralympic Games with a pair of silver medals in the pool and a cycling bronze.

Montreal swimmer Benoit Huot won his third medal of the London Paralympics, claiming silver in the men's S10 400-metre freestyle on Wednesday. Later, Montreal's Aurelie Rivard won silver in the women's event.

Huot finished in four minutes 6.58 seconds, 1.67 seconds behind Jaryd Silverman of the United States.

Britain's Robert Welbourn was third in 4:08.18.

Huot has now won a medal of each colour in London. He won gold in the 200 individual



Benoit Huot takes to the podium on Wednesday. GETTY IMAGES

medley in a world-record time of 2:10.01, and took bronze in the 100-metre backstroke.

The S10 classification is defined as minimal physical im-

pairment. Huot was born with club feet.

Rivard, who has a disability in her left hand, finished second in the women's S10 400 IM in 4:36.46. France's Elodie Lorandi won gold in 4:34.55 and Susan Scott of the United States took bronze in 4:37.23.

Earlier, Canada won its first cycling medal of the Games as Marie-Claude Molnar claimed bronze in the women's C4 road race.

Molnar, from Lemoyne, Que., finished the 16-km course in 26 minutes 48.52 seconds.

Megan Fisher of the United States won gold in 26:04.39 while Australia's Susan Powell took silver in 26:31.30 in the event for cyclists with physical impairment.

"This is a tough course, so it hurts as it is supposed to," Molnar said. "This medal takes the pressure off the team."

**THE CANADIAN PRESS**

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HELP WANTED

General Help

Full Time & Seasonal Positions Available!  
Now hiring for all positions. Customer Service, Marketing, Sales, Management. No Exp Req. Students Welcome. **519-913-3140**

MERCHANDISE

Merchandise Wanted

Treadmill \$100  
Sew machine cabinet \$50  
Sewing adj.dress form \$50  
(519)657-4550

ANNOUNCEMENTS

Community Events

**WOLFEMAN SINGLES  
SAT Sept 8th  
Dutch Club**  
1738 Gore, London  
Dance 8:30pm - 12:30am  
Info: 519-433-2579

REAL ESTATE

Out of Town Properties

**Just listed! A gardeners' dream...**  
**3189 Lovett Road, Coldbrook, Kings County, Nova Scotia**

- Vegetable garden on deep sandy soil has been nurtured for 30 years.
- Detached 30' x 16' garage contains a tool area and room for your toys.
- The house is on a ¼ acre lot, one and half stories including a full basement and cold room. Main level contains sun room, office, a full size dining room, and family room. Upstairs the house has 3 bedrooms and a bathroom.
- Sept 2010 – new oil fired water heater
- March 2011 – new fiberglass oil tank
- March 2012 - emptied septic tank with all new plumbing from tank to house
- 5 minutes drive to the town of Kentville and the Valley Regional Hospital
- 20 minutes drive to Acadia University
- 1 hour drive to Halifax (majority on double lane highway)

**A jewel waiting to be polished!**  
**\$138,525**  
#55159578  
please call Mike Barnard, Royal LePage Atlantic  
**1-800-679-7099 • thebarnardgroup.ca**

PETS

Dogs

Get your dogs fur styled at  
**FUR PAWS ONLY SALON**  
Mention this ad & save on the tax!!  
**519-652-3299**



Out of Town Properties

RENTALS

Apartments Unfurnished

**MetCap**  
**756-758 Kipps Lane**  
1 BR \$699 - 2 BR \$799  
**740-754 Kipps Lane**  
1 BR \$719 - 2 BR \$819  
**PARKING INCLUDED**  
**519-850-8410**  
**www.metcap.com**

MISCELLANEOUS

Miscellaneous

**LOOK!**  
**Advertise in this space**  
**for as low as**  
**\$10/day!!**  
**Call 1-800-527-6767**

Pet Services

**Natural Paws Pantry**  
**For the Health of your Dog & Cat!**  
Come into the Natural Paws Pantry for all your *healthy pet products*. Visit us for your natural treats, bones, turkey necks, raw rood, grain free food and so much more! Why not give us a call to have your pet treated to an *all inclusive grooming session*. After a long hot summer they need a little pampering too!  
**www.naturalpaws.ca**  
1055 Sarnia Road, London • 519-474-6669

General Services

**DO YOU SUFFER FROM KNEE PAIN?**  
Join a clinical research trial to evaluate the effectiveness of an investigational natural health product on symptoms associated with knee pain.  
**Contact us now! See if you qualify.**  
**Participants will be compensated up to \$175.00**  
Contact KGK SynergizeClinic: **519-858-8359**  
clinic@kgksynergize.com  
www.kgkclinic.com

**Read metro your money**  
**every Tuesday for financial tips,**  
**trends and advice.**  
**Only in Metro. News worth sharing.**

Sell Your Stuff For FREE! Call 1-800-527-6767						Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk	
Attn Cow Lovers! Tons of cow items. \$100 for over 60 cow items! Call for details. (519)601-2092	Desk Great for students! \$25 519-652-2407	George Foreman Grill Works GREAT! \$30 519-641-6506	Large size suitcase \$15.00 3 John Deere print by Judy Richardson \$55 each (519)686-7658	STA Uniform, several pieces between \$10 and \$25 • Tracker backpack \$10 Call (519)657-8285	Toaster, Black & Decker stainless, wide four slice. All settings inc defrost. Works great & excellent condition - \$10 (226)663-9223		
Beautiful Natural Wicker Wardrobe with matching Queen Headboard. Serious Offers Only 519-657-7652	Dining room table and 4 chairs Excellent condition. Can deliver \$110.00 (519)641-8077	Girls clothing - 6 to 18mons. Onesies \$1 , Sleepers \$2, Outfits \$3. Mixture of name brands Call (519)642-7226	Motorola Blue Tooth Head Set NEW still in box. \$40 obo 519-872-1798	Starfrit Electric Potatoe Peeler Asking \$15 (519) 641-6506	Tour of Duty Complete Series DVDs \$30.00 519-204-6899		
Chest of drawers with marble top. \$75 Call 519-652-2407	Dresses, like new. White cotton, size 8 and 10 • Coffee table, brass with glass top and bot-tom (two tier), square - \$55 Call (519)657-8285	GRACO BABY BUGGY Excellent condition \$40.00 (519)686-7658	Queen size bed frame \$10.00 Blue Mountain Pottery Teaset...comes with large tray, teapot & cream/sugar \$50.00 519-661-0698	Students back to school! Multiple Dressers for Sale \$40 - \$75 2 new Futons \$150.00 each Call (519)872-1798	Twilight Zone DVD collection New \$75.00 519-204-6899		
Danby 5,000 BTU Window Air Conditioner. \$50 Call (519)872-1798	Electric Scooter with battery \$400 almost new (with charger) (519)204-9013	Large Painting of Painted Boats in 1000 Islands. Men's 21 speed bicycle Serious Offers Only 519-657-7652	Raspberry Plants \$1.00 a bush (519)434-9500	Table & 4 upholstered swivel chairs Very good condition \$50.00 519-453-9640	Wooden desk • Bailey I Love You Bassnett, unisex color • Rainforest bouncer • Winnie The Pooh bouncer • Breast pump • Best offer for each • Call (519)642-7226		

# Sharability



easy

hard

Horoscopes

**Aries**

March 21 - April 20

It seems you can do no wrong where affairs of the heart are concerned. You are affectionate in the extreme at the moment, but you must be selective. Try not to fall madly in love with everyone!

**Taurus**

April 21 - May 21

Moderation is a must because if you go too far you will find it hard to stop. By all means have fun but be wary of people who try to persuade you to go places and do things that invite trouble.

**Gemini**

May 22 - June 21

People you meet while traveling or socializing will be fun and there is even a chance of romance. You are advised though not to take new relationships too seriously. They are unlikely to stand the test of time.

**Cancer**

June 22 - July 23

You need cheering up a bit and if spending money does it for you then go right ahead. There are worse things in life than splashing out on the occasional luxury, and no one can say you don't deserve it.

**Leo**

July 24 - Aug. 23

Venus in your sign over the next few weeks will make you more laid back than usual but there is a danger that you could be a bit too casual in your ways. Also, keep personal feelings out of business matters.

**Virgo**

Aug. 24 - Sept. 23

By all means, help others in need but first make sure that they are genuine and deserving cases. Sadly, some people will feign all sorts of misfortune just to get a few extra bucks. Don't fall for it.

**Libra**

Sept. 24 - Oct. 23

You will go out of your way to avoid confrontation today, which is good, but don't give so much that others come to expect it of you. Yes, it is possible to be too nice.

**Scorpio**

Oct. 24 - Nov. 22

Try not to be suspicious if someone in a position of authority suddenly seems to think you are the best thing since sliced bread. It's possible they are after something but more likely they genuinely appreciate you.

**Sagittarius**

Nov. 23 - Dec. 21

This should be a productive day for you but don't try too hard or you might strain something. Good things will come your way whether or not you make much of an effort, so sit back and let it happen.

**Capricorn**

Dec. 22 - Jan. 20

If you need to discuss matters related to your wealth, such as investments or property, this is as good a day as any. Know what you want but be prepared to compromise too. Everyone can be a winner.

**Aquarius**

Jan. 21 - Feb. 19

Venus moves into your opposite sign of Leo today, making you more open and affectionate than usual. Any relationship problems you've been having can easily be resolved. All it requires is a bit of give and take.

**Pisces**

Feb. 20 - March 20

Wishful thinking may be fun but it does not pay the bills. Two things are needed now: a clear goal and a realistic idea of how you are going to get from where you are to where you want to be.

SALLY BROMPTON

Crossword: A PM, Distance, and Two Flora

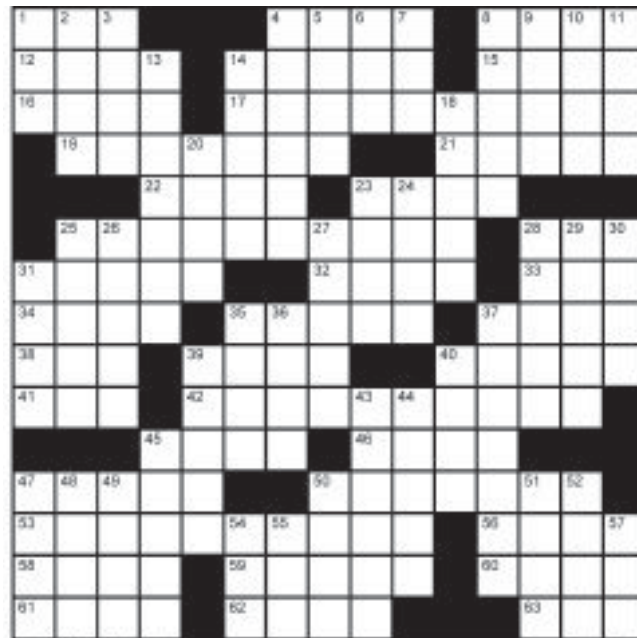
Across

1. Big \_\_\_\_ : large truck
4. Drink in one gulp
8. Apple attachment
12. "\_\_\_\_ I care" (2 wds.)
14. Scarlett \_\_\_\_
15. Skin opening
16. Lima's land
17. 21st PM (2003-2006) (2 wds.)
19. Author of a mournful poem lamenting the dead
21. Vancouver CFL Team
22. Boor
23. Ship's jail
25. Trans-Canada Highway distances
28. "I \_\_\_\_ You, Babe": Sonny and Cher hit
31. Hereditary units
32. Chair or bench
33. "Mais, \_\_\_\_!"
34. Praise
35. Pick \_\_\_\_ : draw from the deck (magician's instruction) (2 wds.)
37. Either point of a crescent moon
38. Corn, form, or cycle prefix
39. At some distance
40. Hudson's Bay Company's early stock
41. Ancient Egyptian boy king
42. Prominent Prairie Provinces feature
45. Long, long time
46. "\_\_\_\_ That a Shame"
47. "I Can't \_\_\_\_ Satisfaction": Rolling Stones (2 wds.)
50. Neither animal nor vegetable

53. BC's wooded tropical region (2 wds.)
56. Grandson of Adam who reputedly lived to 905
58. \_\_\_\_ of Man or Capri
59. Leonard \_\_\_\_ : *Star Trek* Spock portrayer
60. Comedy sketch
61. Head: Fr.
62. Black
63. Donkey

Down

1. Eminem's forte
2. "Understood!" (2 wds.)
3. Young female
4. Pure and virtuous
5. High: Fr.
6. http://www.metronews.ca, e.g.
7. Attractive leg, slangily
8. Bit of mistletoe or holly
9. Dorothy's dog
10. \_\_\_\_ go brag
11. \_\_\_\_ room: loo
13. Gassed up
14. Drug from poppies
18. Like top-name celebrities (2 wds.)
20. Sticky substances
23. Uncle Remus character \_\_\_\_ Rabbit
24. Peruse
25. Canadian star Reeves
26. Yukon natives
27. Bygone Russian despots
28. Elliott of *Ocean's 11*, 12, 13
29. Boots from office



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BY MICHAEL WIESENBERG

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	1	5	3	9	6	8	2	7
3	7	8	2	1	8	5	9	4
9	8	2	7	5	4	6	3	1
1	8	3	5	4	7	2	8	9
8	9	4	1	2	3	7	5	6
5	2	7	8	8	9	4	1	3
6	5	8	9	7	1	3	4	2
2	4	9	6	3	5	1	7	8
7	3	1	4	8	2	9	6	5

	3	9		4		1		
2								7
6		5		8				
9		2	4			6		
	8						1	
		6			7	8		2
				6		3		1
5								8
		4		9		5	7	

**Today**

27°/14°

Thundershowers

40%

**Friday**

26°/13°

Variable

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News worth sharing.



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